

Anti-Bullying Week 2019

*Feel free to share your Gooseberry Alert content with students, staff and parents.
All that we ask in return (in the spirit of modelling positive digital citizenship) is that you acknowledge
Gooseberry Planet Limited as the source of your advice.*

Gooseberry **Student** 'Information' of the week



The theme of Anti-Bullying week this year is "Change Starts with Us". It recognises that bullying is not just one person's problem, we all need to work together to change attitudes and behaviour for the better.

How does it make you feel when someone is kind and positive about you or something you have done? What about if they are unkind or negative? What sort of behaviour do you see either in real life or in the media that is unkind or negative? Do you think this influences the way you or others behave?

What could you do to make other students in your school feel positive and happy?

Would it be easy to do? Why not identify some simple strategies and make a class or individual commitment this week to make change start with You?

Gooseberry **Teacher** 'Opportunity' of the week



Both children and adults are exposed to examples of disrespectful, if not bullying, behaviour regularly: in the street, playground, workplace, social media and news. Abusive celebrities, offensive tweets and threats to our politicians have become common. The "change starts with us" campaign recognises that both children and adults can make a difference by making small changes. Why not take steps this week to demonstrate to your students how teachers are also doing their bit to make the world a nicer, kinder place.

Encourage students to tell a trusted adult if they are being bullied and explain how the school will support them if they ask for help.

Gooseberry **Parent** 'Message' of the week



During anti-bullying week your child will be encouraged to make small changes to create a kinder, more inclusive world. Parents can play their part in this too by demonstrating small kindnesses to neighbours or others in your community. Even starting your child's day with a smile and a compliment would be a good way to show how positive action can make us all feel good.

Children who are bullied often don't tell, so this may be a good opportunity to have a chat to your child and ask if they have any worries. Have you seen the Gooseberry Parent App? There are videos within the app explaining how parents can help their child to report and block unwanted contact online.



SUPPORT your Anti-Bullying lessons this week with Gooseberry Play:

Playground Level (ages 5-7) – scenario 8 Online Bullying

Street Level (ages 8-9) – scenario 7 Text Messaging

Village Level (ages 9-10) – scenario 1 Digital Footprint, scenario 3 Webcam Wise

Town Level (ages 10-11) – scenario 6 Online Bullying

City Level (ages 11-13) – scenario 2 Digital Footprint, scenario 11 Growing up Online

Want to know more? Visit us at www.gooseberryplanet.com